

Student Advisory Board Minutes

October 2017

71 AHS and Pacelli Students Attending

3 Lunch Periods

15 pizzas

3 giant bags of candy

70+ bottles of water

28 nominations for our “Bright Spots” award

This year we were alternate focus each month. On even months we will have a regular meeting which includes feedback gathering and nominations for the Bright Spots Award. On odd months, leaders from the community will meet with students to discuss their own career paths and answer questions from students. November guests will be Jeff Ettinger, Diane Baker, Amy Baskin and Dale Wicks.

This month our feedback was centered around wellness. Students were asked about the factors contributing to emotional and physical health.

Responses included:

- Access to healthy food and making good choices
- Not drinking soda
- Sleep – quality and amount
- Exercise
- Water (concerns about the quality of water available at school)
- Choosing to see the positive
- Irregular temperatures
- Healthy conflict resolution
- Stress management
- Positive and negative impacts of social media
- Positive relationships with friends and family
- Balance of responsibilities
- Spending time outdoors
- Organization skills

Our next question was about “happiness”. We asked students, what makes you happy?

- Achieving goals
- Changes each day
- Friends
- Cows
- Dancing
- Dogs
- Sports
- Family
- Vacation
- Having choices
- Music
- Food
- Sleep

How do you KNOW you are happy?

- Content
- Not worrying
- Seeing the positive/Light at the end of the tunnel
- By my interactions – if they are positive or negative